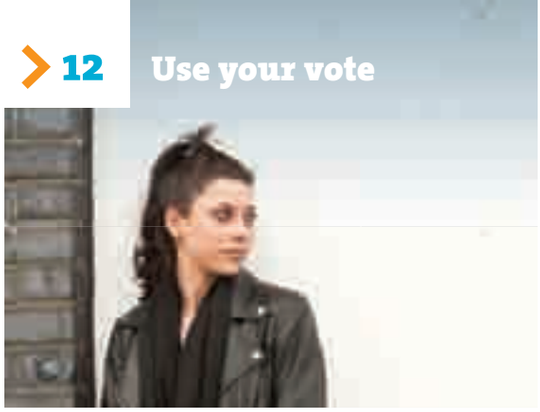
> 10 Fostering families

> 12 Use your vote



> 16 Swashbuckling swords

thenewhammmag

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Music'all mischief

Celebrating Brick Lane Music Hall's 18th (p14)

Newham London

Revised Easter refuse and recycling collection times

Collection day	Revised collection day
Friday 2 April – Good Friday	Tuesday 6 April
Monday 5 April – Easter Monday	Wednesday 7 April
Tuesday 6 April	Thursday 8 April
Wednesday 7 April	Friday 9 April
Thursday 8 April	Saturday 10 April
Friday 9 April	Monday 12 April
Monday 12 April	Tuesday 13 April
Tuesday 13 April	Wednesday 14 April
Wednesday 14 April	Thursday 15 April
Thursday 15 April	Friday 16 April
Friday 16 April	Saturday 17 April

Please tie your orange bag and leave beside your bin for collection.

You can also pick up more orange bags from your local service centre or library.

recycle

visit newham.gov.uk
call 020 8430 2000

the newham mag

Look out for the next issue from 16 April

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1 April 2010 // **issue 192**

In this issue we're encouraging our readers to try something new. Whether you swing those hips to the tunes of the St George's Day Tea Dance (p27) or choose to take up fencing, (p16) spring's the time to explore what's out there in Newham. Take a trip to the Brick Lane Music Hall (p14) while finding out what it's like to vote for the first time (p12) and, if you're considering fostering, find out first-hand what the application process is really like (p10).

Go for it!

The Newham Mag Team

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

MAG TEAM OFFICERS: Anita Plaha 020 3373 1517, Bethany Reid 020 3373 4410
REPORTERS: Deirdre Wallace, Maggie Hill, Mark Mistry
CONTRIBUTORS: Gary Bird, Eden Black, Ammar Qadir
DESIGN: Adam Renvoize, Karen Registe
STAFF PHOTOGRAPHER: Andrew Baker
ADDITIONAL PHOTOGRAPHY: Deirdre Wallace, Sarah London
ADVERTISING: Julie Madell 07890 529 090
PRINT/REPROGRAPHICS: Woodford Litho Ltd
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recycle for Newham

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Newham London

IN BRIEF //

Love London – vote Newham

Stratford Circus and Circus Eats have both been nominated for Best Neighbourhood Theatre and Best Neighbourhood Restaurant in the annual Smooth Radio Love London awards.

The awards are a celebration of real places that real Londoners love to go and both Stratford Circus and Circus Eats have reached the top ten shortlist in their respective categories.

You can now vote for Stratford Circus and Circus Eats to win these awards by visiting www.smoothradio.com/lovelondon and casting your vote. Voters will also be entered into a special draw to win a pair of tickets to the Love London awards ceremony. Voting closes Sunday 11 April.

Lights out!

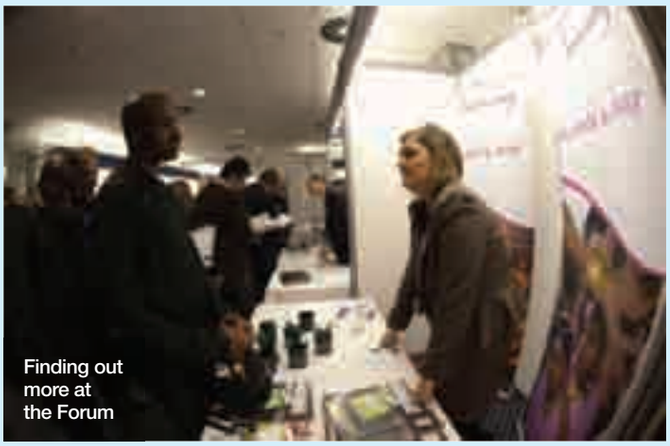
Newham Council supported the Worldwide Wildlife Fund's Earth Hour event which took place on Saturday 27 March.

The council showed its commitment to cut carbon emissions by turning off lights at its Newham Dockside headquarters for one hour, from 8.30 to 9.30pm, to highlight the issues of climate change and the council's continued environmental work. Staff were encouraged to properly shut down their computers and switch off all monitors and screens.

The international Earth Hour event encourages people to think about what they can do to reduce their carbon footprint and how to use water and energy more efficiently.

Forum good for business

Nearly 400 business representatives and 30 exhibitors attended a networking event aimed at helping them benefit from the wealth of changes taking place in Newham.



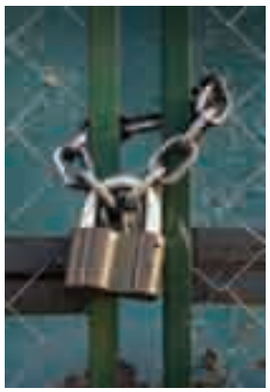
Finding out more at the Forum

The annual Newham Business Forum, organised by the council, provides an opportunity for local companies to learn more about the emerging opportunities that have arisen through the regeneration of the borough.

Attendees included developers and contractors for the borough's regeneration projects, housing associations, business advice agencies, the council's procurement team and other major organisations operating in Newham. It took place at West Ham United's Boleyn Ground in Upton Park.

To contact the council's business development team call 020 3370 1671 or email regeneration@newham.gov.uk

Nightclub shut following crime and disorder



A nightclub blighted by high levels of trouble is set to be shut.

Newham Council revoked Club Afrique's licence after Newham Police made an application on the grounds that bad management had led to crime, disorder and public nuisance being caused.

The venue has been given 21-days in which to launch an appeal before the closure is enforced.

The council's Licensing Sub-Committee recently ruled that an 'alarming systematic failure of the management' had allowed violence and crime to thrive at the 300-capacity club.

Neighbours of the club, located in residential Barking Road, Canning Town, logged high levels of concern with police, prompting officers to take action.

The sub-committee maintained the premises' licence conditions were breached concerning entry, re-entry and the level of violence shown on CCTV recordings submitted by police. The panel was not convinced that the premises licence holder, Jesse Malongo, was able to comply with the Licensing Act 2003.

News

Borough bursts into song

The borough's most talented songsters joined together recently to celebrate Newham's wealth of choral flair at a Festival of Choirs.

The annual event sees groups compete to make it to the final eight, who are then given the chance to perform in front of an invited audience. The eight choirs from primary schools and youth and community groups gathered at Old Town Hall, Stratford last month to raise the roof with their vibrant verse, singing a range of contemporary, pop and gospel songs.

Warning over bogus council jobs email scam

Newham Council has issued a warning about a bogus recruitment agency offering fake council jobs to extract jobseekers' personal information.

People searching legitimate sites, including Jobcentreplus, are being targeted by an agency called Haines Employment.

The emails, sent by hainesemployment@googlemail.com, contain a genuine council 'extra information' pack, and tell the jobseeker they are to start work in April as a receptionist or office assistant.

The recipient is asked to fill in a fake application which asks for financial and personal details, in addition to a £6 credit card payment for a CRB check.

Newham Council never requests bank or credit card details at the application stage.

Anyone who has been affected by this scam should call the police on 0300 123 1212. If you have returned a completed application pack, contact your bank or credit card company immediately. Further information on identify theft is available at www.identitytheft.org.uk

United in bid to secure legacy for Olympic Stadium

Newham Council and West Ham United Football Club are working on a plan for a joint bid to occupy the Olympic Stadium in Stratford and guarantee it provides a viable and lasting legacy after the 2012 Games.

The proposal would be to make the venue a vibrant centre of sport, culture and education, featuring both football and athletics. Open all year round, it would have an active community use, helping to create a better quality of life for tens of thousands of people.

West Ham United vice-chairman Karren Brady said: "It's about realising the full potential of the Olympic Park. As well-established local organisations, Newham Council and West Ham United are best placed to make it happen."

Newham Council chief executive Joe Duckworth said: "The last thing anyone wants is for the Olympic Stadium to become a ghost of Olympics past.

"The only realistic solution is to make the stadium work for a football team and that should be West Ham United. We have never understood why that wasn't obvious."

An artist's impression of the Olympic Stadium

Historic agreement

Newham and the four other Olympic and Paralympic host boroughs are already working hard to deliver a successful 2012 Games that will change things for local people and local areas.

Now Greenwich, Hackney, Newham, Tower Hamlets and Waltham Forest have signed a binding pact with the Government designed to help thousands of people back into work; raise skills levels; provide decent and affordable housing and make the boroughs cleaner and greener.

It is the first time a Multi-Area Agreement (MAA) has been achieved in London and it is backed by an £86.7m investment programme funded by various agencies.

The historic agreement was signed at the building site of Westfield Stratford City which will be Europe's largest urban shopping centre when it opens in 2011.

Stratford City is adjacent to the Olympic Park and is at the heart of local regeneration plans. Many unemployed residents from the host boroughs have found construction jobs here and when completed Stratford City will include a skills academy so local people can get the retail training they need to get jobs in the shopping centre. John Lewis has already committed to offer local apprenticeships and training.

Joe Duckworth, chief executive of Newham Council, said: "The 2012 Games has always been more than a sporting legacy – it is an opportunity for social change. It is about jobs and skills for residents so they have a lasting benefit from the Games.

"The Olympics will transform east London for years to come. This means more jobs, more skills training and a high quality environment."

"The Olympics will transform east London for years to come. This means more jobs, more skills training and a high quality environment."

John Burton, director of Westfield Stratford City, said: "Stratford City alone will have provided 25,000 construction jobs by the time the shopping centre has been built. Twenty per cent of these will have been filled by residents of the host boroughs.

"With more than 8,000 permanent jobs expected to be created when we open

that is **just the job**

next year we are committed to delivering long-term regeneration for the area by maximising the number of vacancies for long-term unemployed local people."

The MAA will also see the host boroughs develop a joined-up job and skills strategy. This will help local long-term unemployed people find employment or training by making services more accessible and tailoring them so they meet the needs of residents and local employers. For example, work trials can be extended from three to six weeks without affecting benefits.

As well as the area getting a deep clean, the attractiveness of public spaces will be improved in the run up to 2012. Work across the five boroughs aims to reduce overcrowding, increase affordable housing and make sure private sector homes meet local needs and decent standards.

Newham apprentices are already benefiting from the Olympic and Westfield developments, finding work with companies working on the sites. Muhittin Koksal, 19, from West Ham, is an apprentice bricklayer with Swift Brickwork. Lewis Foster, 17, from East Ham, and Grant Austen, 16, from North Woolwich, are doing apprenticeships with companies FCS/EXXell. Jed Freeman, 22, from Canning Town, is studying for an apprenticeship NVQ in sprinkler systems with Hall & Kay.

Newham apprentices, from left, Lewis, Muhittin, Jed and Grant talk with chief executive Joe Duckworth (centre)

Muhittin said: "I really enjoy the job. My working day sees me helping a foreman on the site. It's great that I am working on such a large project because it's an excellent place to learn. Hopefully it will put me in a good position for the future."

COULD YOU BE ELIGIBLE FOR HELP PAYING COUNCIL TAX?

If you are on a low income and have savings of less than £16,000 you may be entitled to Council Tax Benefit whether or not you work. This benefit is awarded depending on your income, personal circumstances and who you live with.

This benefit is not allocated automatically so you need to claim for it. As a council, we want to make sure residents are receiving all the benefits and help they are entitled to so if your income is low and your savings are less than £16,000 contact us now to see how much money you could save.

What if my income is too high?

If your income is too high for Council Tax Benefit you may still get some help with your Council Tax if someone lives with you and their income is low. This could be due to the person living with you having low earnings or claiming: Income Support, Pension Credit, Jobseekers Allowance or Employment Support Allowance.

This help is known as **Second Adult Rebate**. You can get this if you are the only person who is liable to pay the Council Tax on your home, but you share your home with one or more persons who are over the age of 18; are not your partner or spouse, and are not paying you rent.

Find out more

To see if you're eligible for Council Tax Benefit or Second Adult Rebate help call 020 8430 2000 or visit www.newham.gov.uk/benefitsandpayments/counciltax

Win £25,000

If you do pay Council Tax, register to pay by direct debit and you could be in with the chance of winning £25,000.

Newham Council and BACS - the organisation behind paying by direct debit – are sponsoring this prize draw which people who already pay their Council Tax by direct debit are automatically entered into.

If you change to paying by direct debit you will not only also be in with a chance of winning £25,000 but you'll also never need to worry about missing instalments again. Using direct debit is a safe and secure way of making sure the money leaves the bank on time, every time.

Newham Council taxpayers can call 020 8430 2000 or visit www.newham.gov.uk to change the way they pay to direct debit and enter the draw before 15 July.

For more details visit www.ddwinner.co.uk

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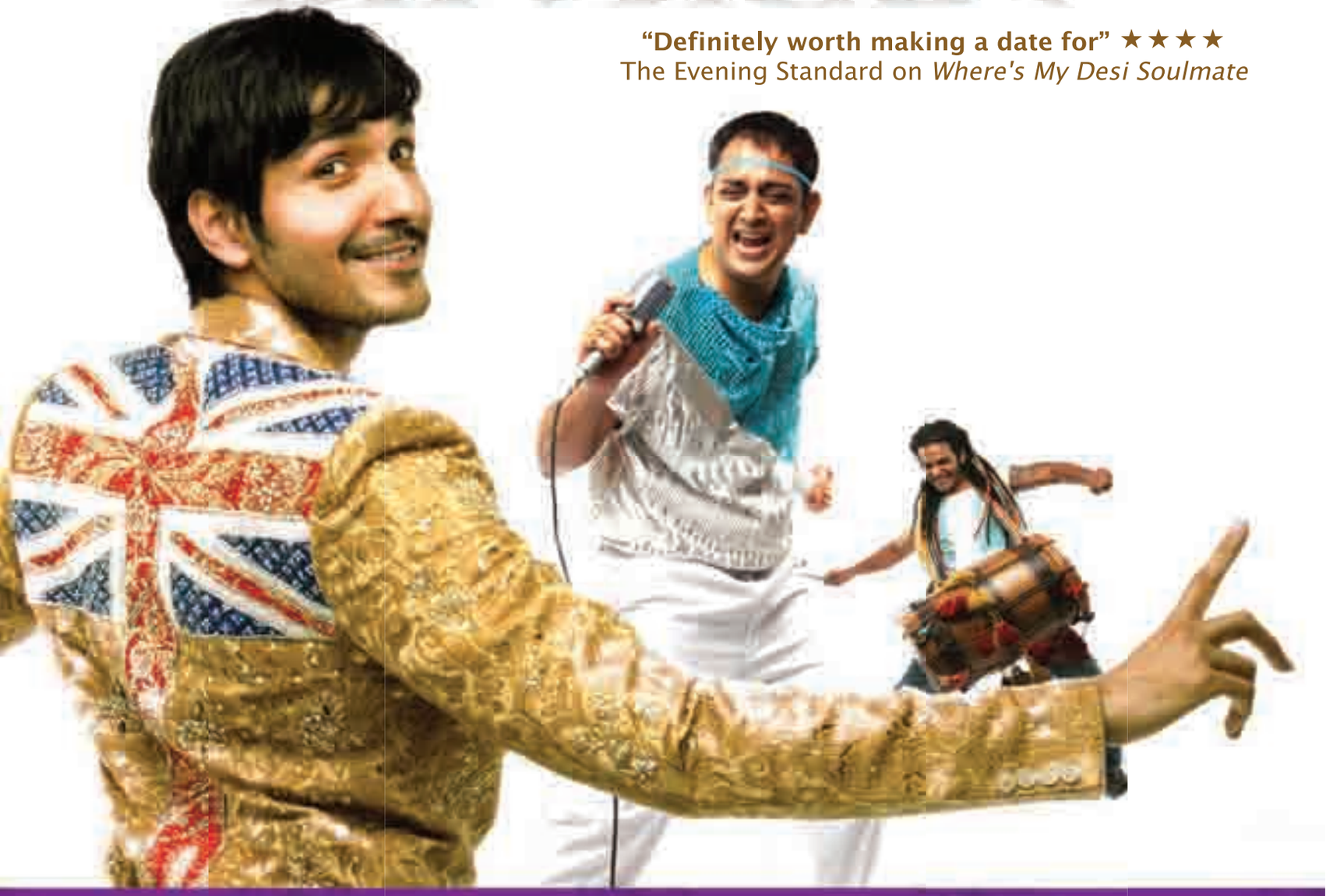

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The foster caring journey

Nicola and Johnson made the decision to become foster parents in September last year. Here they tell us about their journey from initial contact to becoming approved foster carers in Newham.

Johnson and Nicola at their home in Beckton

"I always planned to foster," explains Nicola, 32. "I work with foster carers and social workers and I've seen how much of a difference they make to a child's life."

Before starting the process, the couple from Beckton had to consider such things as space in their home and working arrangements. "We both work full-time so we decided to foster children aged five to ten so that they are in school during the day," explains Nicola.

> "It wasn't tough, we were just open, honest and let the process flow."

Once they had decided to take the first step, Nicola and Johnson contacted the council who arranged a home visit from a social worker. "They wanted to see if we had room for a child and were also asking us questions to find out why we wanted to be foster carers," said Johnson. "It wasn't tough, we were just open, honest and let the process flow."

After the home visit, the couple filled in the application form and attended preparation group training where they met other prospective and experienced foster carers. "It was really lovely to hear from those who had been there and done it because obviously it's not all textbook," said Nicola.

The couple were also asked for references: "We had to supply three each," explains Johnson, "one could be a family member, one a long-standing friend and one a work colleague. We also had to be personally CRB (Criminal Record Bureau) checked."

After preparation training the couple were assigned an assessing social worker who came to visit them once or twice a week for a period of four months. "She came to family events and interviewed our referees," says Nicola. "Over the four months she interviewed us about our life from birth until the present so that we could build up a portfolio of our life experiences. This portfolio is then given to the fostering panel who look at all the information to make a recommendation on whether we can be foster carers."

Johnson was initially quite daunted by the process. "I thought we had to be absolutely perfect! However, you learn that the experiences you had in your childhood are actually beneficial as they can help you relate to the child.

"Our social worker was really good and we became quite close over the process."

Nicola comments: "I actually found the application process enjoyable! It was nice to look back on my life and identify all that I've done."

The couple went to the fostering panel which is made up of a group of professionals from health care and social work backgrounds, and independent people who have experience of fostering or the care system. At the meeting, Nicola and Johnson's social worker presented the portfolio – called an assessment report – to the panel who then asked the couple questions.

Then, on 16 February this year, Nicola and Johnson found out that their application had been successful and they were now approved foster carers. "We were really happy when we found out," said Johnson.

"It's a great ending and beginning of a new challenge," said Nicola. "We're now looking forward to having our first child."

> "It's a great ending and beginning of a new challenge. We're now looking forward to having our first child."

"I would absolutely encourage someone to take the first step," says Johnson. "Until you do you won't know whether you want to proceed or not so going to the preparation groups is a great insight that will help you decide whether it's right for you."

Fostering FAQs

Do I have to be in a couple to foster? No, you can be married, single, divorced, living with your partner; heterosexual or gay.

Do I have to be a certain age? You need to be aged between 24 and 63.

Do I need to be a home owner? You need to a home owner or renting on a secure basis with room to accommodate a child.

Will I be paid? Depending on the age of the child or young person you can receive between £222 and £324 per child, per week which covers caring costs and a personal allowance for you.

To find out more about fostering and the application process call freephone 0800 013 0393 or visit www.newhamfostering.co.uk

With an election looming it's an exciting time in the world of politics. As a borough with one of the youngest populations in the country, next month thousands of our young people will come of age and be able to exercise their right to vote. Whatever your political ideals, come Thursday 6 May your vote will decide who next govern us, locally and (most likely) nationally.

Natalie Glanvill

MAKE YOUR MARK

International Politics and Journalism student at the University of East London, Natalie Glanvill will be voting in a general election for the first time. She said: "My first experience of voting was at a local election last year. I remember getting my voting paper and thinking: 'who are these people?' I knew the parties they represented but not much about their individual manifestos."

Natalie admits that much of her information about the impending elections is drawn from the media, but knows exactly where she needs to go to help her make an informed decision. "There's loads of information about individual parties on their websites. My advice would be to read a range of newspapers – tabloids and broadsheets. Listen to what the politicians are saying and how they plan to tackle issues that are important to you."

The young people of Newham have already blazed an election trail in the borough with more than 7,000 11 to 18-year-olds voting last October when Kaycee de Belen was elected Young Mayor of Newham.

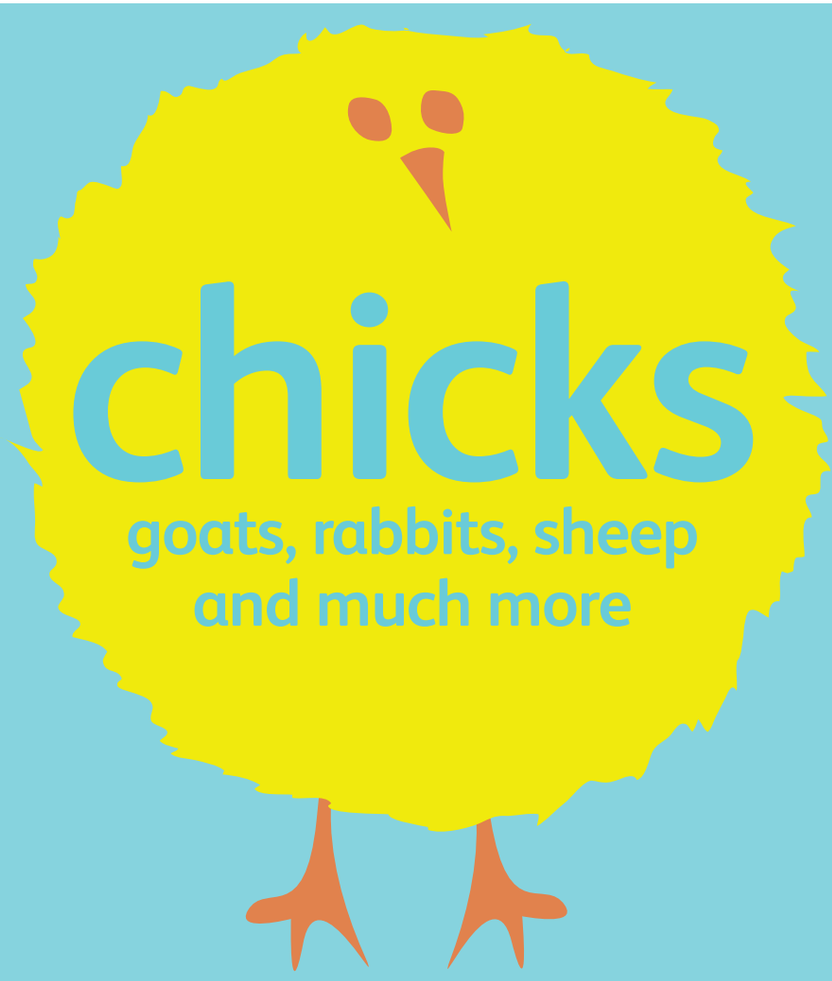
Kaycee

"We have demonstrated that young people in the borough care deeply about how Newham is run and realise that by voting in elections we get to have our say in the issues that are important to us," said Kaycee.

"This year's elections will allow residents to decide how Newham will be governed for the next four years, as well as providing first time voters with their greatest opportunity yet to get their voices heard."

Act fast to have your say

If you don't register you can't vote. You can register to vote up to 11 days before the election. For more information call **020 3373 3777**, visit **www.aboutmyvote.co.uk** or pop into Newham Town Hall, Barking Road, East Ham, and ask for the electoral registration team.



Easter fun day

Easter Monday 5th April

On Easter Monday, Time FM will be at Gallions Reach for a **FREE** fun day of activities. Plus there will be spot prizes given away throughout the day and one lucky shopper will **WIN** £500 worth of Gift Cards to spend at Gallions Reach.

Fun activities include:

- Hackney City Farm – meet and pet the animals
- Bouncy Castles
- Face Painting
- Children's go-karting and rides (small charge applies)

For more information visit www.gallions-reach.co.uk

All shops and restaurants are open as usual on Easter Monday.

Tesco Extra / Smyths Toys / Sportsdirect / Dorothy Perkins / Evans / 99p Stores / Miss Selfridge / Topshop / Topman / WH Smith / Next / JD Sports / Burton / River Island / Clarks / Clintons / Boots / Cookie's Island / TK Maxx / Nandos / H Samuel / New Look / Pizza Hut / McDonalds / T Mobile / Game / Wallis / Orange / Superdrug / Bank / HMV / Carphone Warehouse / Suits You /

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“IT’S SHOW TIME, FOLKS!”

From its start in a tiny venue in Whitechapel to its roaring success in Silvertown 18 years later in a Grade-II listed building, the Brick Lane Music Hall has been entertaining generations both old and new since 1992 – and has an auspicious future ahead.

Established by comedian and impresario Vincent Hayes (pictured bottom right), the first venue for the music hall was in the former Truman’s Brewery building on Brick Lane, from where it takes its name. “When we first started up we were in this tiny venue which only seated 122 people,” explains Vincent. “We ended up needing more room and four years later we moved to a former button factory in Shoreditch.

“We had Danny La Rue and Barbara Windsor open for us and the queue was down the road!”

Over time Vincent felt he needed to move location again and started researching his options.

“When I approached Newham Council I was welcomed with open arms,” explains Vincent. “From the very first meeting I had with council officers they said: ‘we know all about you and your theatre and we want you in Newham.’

“What a great start that was.”

The Brick Lane Music Hall is now firmly established in Silvertown in the former church of St Mark’s, built in the 1870s. Vincent, being an Irishman, decided to bring music hall entertainment to the modern day masses: “mainly for the crack,” and there is certainly an appetite for it: “We got a booking for 2012 the other day!”

According to Vincent there’s three elements to music hall entertainment: food, a beverage and a show. All performances at Brick Lane incorporate afternoon tea or a three-course dinner; there’s a bar and the main show is made up of dancing, singing and humour.

Another crucial component is audience participation. “It’s an art form that cannot do without the audience, like pantomime. No two performances are ever the same. It really is unique.”

While crowds flock to the music hall, Vincent also takes his shows and performers out into the community. “We go to the Newham Show every year and visit community centres, care homes and hospices. We visited Rawalpindi House in Plaistow recently. We work with three Newham primary schools every year where we run workshops which culminate in a performance for the school and parents.”

Vincent is interested in the community and young talent and hopes to establish a Performing Arts Academy in Newham. “I want it to be open every evening, weekends and school holidays. I also want to run an agency from it so kids can get work on television so they can use the skills they’re learning and see a possible career path in the industry.”

For more information or to book a show call 020 7511 6655 or visit http://brick-lane-music-hall.co.uk

Did you know?

- The Brick Lane Music Hall is the only permanent music hall in the UK.
- The music hall holds a licence to perform weddings and civil partnerships and was among the first venues in Newham to hold a civil partnership ceremony following the Civil Partnership Act 2004.
- Famous personalities who recently sent their congratulations to the music hall on its 18th birthday included Andrew Sachs, Barbara Windsor, Ken Dodd OBE and June Whitfield CBE.

IRISH

BRICK LANE

ON GUARD! DON'T GET FOILED WITH NEWHAM SWORDS

Since its inception in November 2005, Newham Swords fencing club has gone from strength to strength. Led by former Olympians Linda Strachan and Pierre Harper – who have 13 national titles between them – the club has grown to more than 60 members.

Linda explains: "We've been really helped by Newham Council as they gave us a grant to help run the club and buy equipment."

Newham Swords is one of the many sporting clubs that meets at The Hub, the new building on the grounds of Newham Leisure Centre, Plaistow. The new state-of-the-art facilities help the club members perfect their technique to the extent that over the past two years Newham Swords members have won around 250 medals in competitions both in the UK and abroad.

"We've really made history," says Linda. "No other club in the country has more than one representative of Great Britain in their ranks and we've got three: Amol Rattan (16), Alex Savin (15) Ife Kubler (14). In the recent British Schools Team Championship, three of our boys who come from Lister School were in the winning team and that's the first time ever the championship has been won by a non-public school."

The club currently has members aged four to 60 and welcomes all new starters. There's groups for children, juniors and teenagers as well as an adult class.

The Newham Swords train three times a week on Tuesday, Thursday and Friday evenings at The Hub. To find out more visit www.newhamswords.co.uk, email lindastrachan@hotmail.com or call 0795 661 8898.

Amol Rattan, 16
"It's great being trained by former Olympians, you know you're going to have the best training in the country."

Alan Lozovik, 12
"I've made loads of new friends and keep very fit. The equipment's really good, not a lot of clubs have the newer kit."

Jai Birch, 14
"I've been coming to the club for abut three years now and I hope it'll be a hobby I can continue in the future."

Ife Kubler, 14
"I love everything about Newham Swords. I just got back from competing in Athens in the European Cadet Championships for under 17-year-olds and we competed in one of the areas around the Olympic stadium."

Newham London

Queens Sunday Market. Opening on the 4 April 2010 and every Sunday after that!

Trading time 10am till 4pm.
Come along and enjoy what Queens Sunday Market has to offer with over a 100 years of history:

- Jewellery
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- Hot foods
- Cooking equipment
- Fruit and vegetables from all over the world
- Men, women and children's fashion
- Toys

QUEENS MARKET

For more information telephone **020 8475 8971**
or visit **www.newham.gov.uk**

Right next to Upton Park Tube, Green Street, Upton Park

Down our street

Newham has always been an exciting place with a vibrant history and proud past which has shaped the place we live in today. Although the borough is moving forward at a pace it's vital that we not only record the journey ahead but preserve the memories of yesteryear.

A new project called Down Our Street will look at the changes to our local high streets. And what better way of finding out about this than through the testimonials of people who knew the streets as they were. Sharing history is only worthwhile when there's someone to pass the information on to, so the project is also involving secondary school students. These teens will interview older residents to uncover the history of their local high street from 1930 to the 1950s using archive photos and trade directories. Coupled with visits to their local high street, they'll record and photograph what it is currently like and this will then be added to Newham's archives.

The projects will cover high streets in each community forum area, as follows:

Stratford and West Ham – High Street and Broadway
East Ham – High Street North
Plaistow – High Street, Balaam Street and Barking Road
Forest Gate – Woodgrange Road
Canning Town – Barking Road and Rathbone Market
Green Street – Green Street and Queens Market
Manor Park – Romford Road
Royal Docks – Albert Road
Beckton – Savacentre, Beckton Triangle and Gallions Reach.

When the project is concluded it's hoped a DVD will be produced showing interviews and stills from each of the forums. The interviews will also form part of the Newham Story – an online history of the borough and its people.

This project forms part of the Summer Centres programme, which take over from the Warm Centre winter scheme. Summer Centres will create more opportunities for older people to get together, take advantage of the (hopefully) pleasant weather and get active. This year, residents aged 50 and over can enjoy a new walks programme, a range of tea dances, Friday night disco sessions and more. Keep reading the Newham Mag for more information.

For more information on how you can get involved in this project email leisure@newham.gov.uk or call 020 8430 2000 and ask for leisure. To learn more about the Newham Story visit www.newhamstory.com

Move of **the month**

Newham Sports Academy Coach Coral Nourrice talks us through sit ups.

Overindulging on chocolate Easter eggs? Fight the flab and get some abs with our step-by-step guide to sit ups.

Lie on the floor with your knees bent and feet flat on the floor, making sure they are hip width apart.

Place your fingertips to temples; with your elbows out to the sides, chin raised upward. If this feels uncomfortable place your hands on your thighs (as pictured).

Pull your upper body up and curl forward so your head, neck and shoulder blades lift off the floor. Tilt your chin up so there is a gap between your chin and chest but ensure your middle and lower back stay on the floor. Hold the pose, squeeze your abdominals and pause for a second or two before slowly reclining back to your starting position. Repeat for sets of ten.

REMEMBER: Don't pull your head forward with your hands. If your chin touches your chest as you come up your abdominal muscles aren't being used and the exercise is ineffective.

What about a warm up?
Any activity that gets your heart pumping is a warm up. Try marching on the spot, raising your knees and pumping your arms.

Keep on track with local running sessions

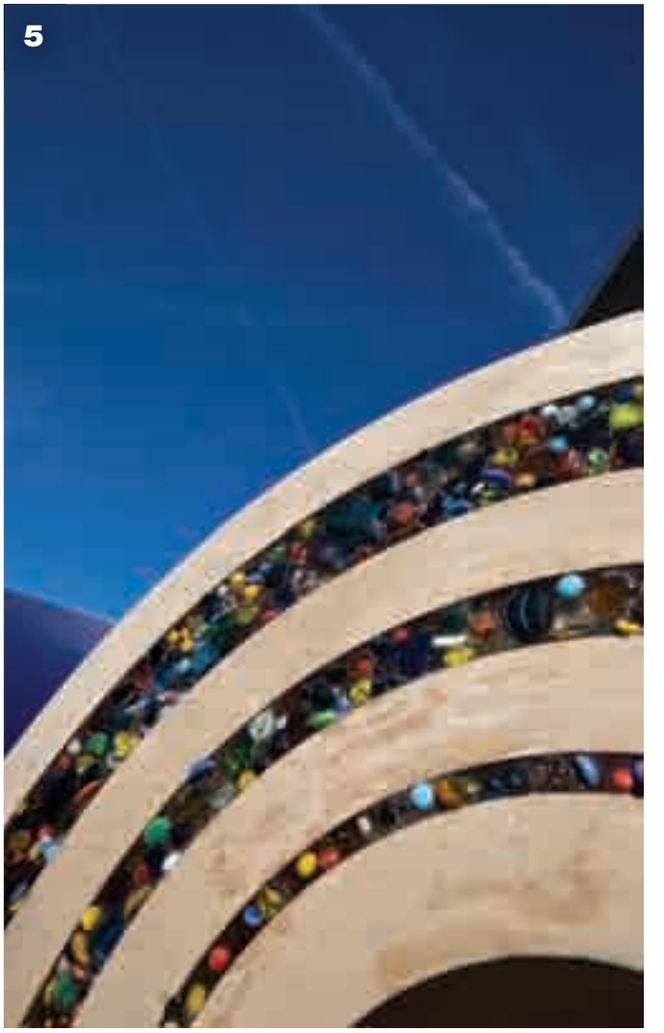
Newham Athletics Network, in partnership with Run in England, have set up running clubs for residents of all ages and abilities. Sessions cost £2 per class and are delivered by qualified leaders. Sessions take place on:

Saturdays, 10-11.30am, Central Park – meet by Central Park Café
10-11.30am, West Ham Park – meet by the South Gate entrance, off Portway.
Sundays, 10am-12noon, Newham Leisure Centre, Prince Regent Lane, E13, meet on the track.
Tuesdays, 6-7pm, beginners. Newham Leisure Centre, Prince Regent Lane, E13, meet on the track.

For more information email **Getactive@newham.gov.uk**

run in england
Running together

Newham in pictures



1 Newham blows its own trumpet at the launch of the Every Child A Musician initiative. **2** One borough under a groove at the first Festival of Choirs, Old Town Hall, Stratford. **3** Boots to fill: more Olympic jobs for locals with the signing of the Multi-Area Agreement. **4** Getting stuck in at St Stephen's Children Centre, at the opening of their midwifery practice. **5** Jewels in the Britannia Village School's crown as their new sculpture nears completion.

Keeping watch

By day, Lyn is a business processes manager for a Japanese logistics firm; by night (or any other spare moment she has) she's one of our borough's unsung heroes. She is one of the founders of the Beckton Parkside NWG and has recently been appointed as acting chair of the Newham Neighbourhood Watch Association.

Lyn explains that she 'fell in love with Beckton' with its green expanses and diverse community. But, like anywhere, it has issues. Lyn said: "It's beautiful, quiet and idyllic, but that makes it a target for certain types of crime."

Lyn was nominated by the council to undertake Community Crime Fighter training (funded by the Home Office). Now she is fully equipped with the know-how to complement her passion and the Beckton Parkside NWG have seen tangible improvements to their area – with a little help from the council and the Beckton Police Safer Neighbourhoods Team (SNT).

How did your NWG come about?

I am a leasehold/freehold director for 80 flats in the area, so knew a lot of people. I wanted to make my area feel like a proper neighbourhood, get people talking to each other and revive some of that post-war

The days when Neighbourhood Watch Groups (NWGs) meant twitching curtains and hushed whispers are over. NWGs have evolved but community is still firmly at their core with community safety at the top of their agendas. One person bringing NWGs into the new millennium is Lyn Juniper-Solley.

camaraderie when everyone looked out for each other and cleaned their own doorsteps – that's the kind of place I want to live in.

Who runs NWGs?
Newham NWGs are independent of the police and council, although we've had a lot of support from both. We know our SNT by name and face and they come to our meetings when they can.

If there are incidents in the area the SNT will send me a bulletin. I'll forward this through our Google Discussion Group, which has about 50 members. This means we've immediately got a heightened awareness. It's also extra eyes and ears, which helps the SNT to do their job.

Do you think it's better to tackle issues as a group?

People do sit up and listen to a group but I think it's about the approach. I think people don't put enough thought into what they want help with – or how they can help themselves. My advice is speak clearly, understand what the issue is, direct that issue to the right people and be willing to offer yourself as part of the solution.

How do you make people listen?
The council and police have a task list longer than I can imagine and a limited purse. We had a massive walk around Beckton District Park in November with DLR security, councillors, Newham's community engagement team and the Beckton SNT. I'd listed our issues, thrown in some solutions and put them on a wish list. Not everything was possible but some really good things came about. The council replaced some of the street lighting and thinned out the brush to make it easier to see people who may be hiding at night.

How long do you have to live somewhere before you're part of the community?
How long you've lived in an area isn't relevant, it's about being non-judgemental when you first see someone, helping someone with a shopping bag if they look like they may be struggling – even if you don't know them – or holding a door open in a block of flats. That's how you create community relationships. It's not about rocking up to someone's door and saying: 'we've got a crime issue, do you want to be part of our gang?' Just say hello to someone, next time they'll say hello back – it gradually starts like that.

Want to know more?
To find out about NWGs local to you contact your local SNT, details can be found at www.met.police.uk/teams/newham. If you live in the Beckton community forum area read more about the Beckton Parkside NWG on the back page of Beckton In Focus, free inside this issue.

GROSSNESS GALORE AT HOLIDAY SCHOOL

Fancy yourself as the next junior apprentice? Want your food to look like it's come from a Michelin Star restaurant? Could you get the crowd in a spin when you're on the decks? Young people across Newham have been doing all that and more at Newham's Holiday School.

Holiday School keeps young minds occupied with its fantastic range of courses. They are a great way for youngsters to enjoy themselves during school holidays and aim to improve confidence and show that learning in Newham is far from boring.

Special Effects for Beginners was one of the courses on offer during the recent half term holiday school. The practical course introduced young people to the gruesome world of TV and film special effects and make up. In three days the keen participants learnt how to create wounds, gashes, warts, boils, scabs, grazes and severed limbs using materials like wax, latex and even false hair!

Here's what some of the participants had to say:

"I've learnt many skills, some that have freaked out my parents. My mum really fell for it; she wanted to call the police! I would definitely attend again if this course was repeated." **Ilyaas Hakim**

"When I read the course description I thought it was computer stuff. I haven't seen many courses like this one. It is rare to have courses like this." **Philip Hayman**

"It was interesting to learn how to apply make-up. This would be a good job to do in the future. I really enjoyed it." **Rebecca Rose Thompson**

"It is a great course and now when I watch TV I understand how they make scars. I'd rate it 10 out of 10!" **Callum Stuart**

"I thought it was funny and creative and I will always come back. In the future, if I learn some more, I will run this course myself. If you think this will ruin your holiday – it won't. It's better than sitting doing nothing and watching television." **Grace Miell**

Holday School courses begin again in July. All are free but must be booked in advance. Look out for the Newham Summer School brochure, which is distributed to all Newham schools, out in June.

HM Government

Newham London

BLOW THE WHISTLE ON HOUSING CHEATS

IF YOU SUSPECT SOMEONE OF
HOUSING FRAUD
CONTACT YOUR LANDLORD

When somebody with a council or housing association home rents it out without permission or obtains a home through providing false information, they are guilty of **housing fraud**. They are using up valuable housing spaces and depriving families and vulnerable people on the waiting list.
It's not fair.

If you suspect someone of housing fraud call us on
0800 052 2420
or email us at
fraud@newham.gov.uk
Your report will be treated in the strictest confidence and can be given anonymously.

Working in partnership locally with Newham Homes, major RSLs and across east London with East London Solutions comprising of the London Boroughs of Barking and Dagenham, Havering, Redbridge, Tower Hamlets and Waltham Forest.

Summary Care Records – a lifesaver for many

If you need to have emergency treatment in hospital you'd assume medical professionals would have access to information about your allergies or any regular medication you take on hand; unfortunately this is not always the case. Currently, your GP and other clinicians who care for you hold separate records. If necessary, information can be shared but it's a slow process and it may not be available when life-saving information is needed immediately.

NHS Newham, like Primary Care Trusts across the country, is introducing Summary Care Records (SCRs) to change this. SCRs will allow clinicians to share certain information – so if you end up needing care urgently they can access your records quickly.

This means that if you have a long-term health condition like diabetes you won't need to keep repeating your medical history to clinicians and health carers.

What are the benefits of having a SCR?

Health professionals will be able to access your medical records – wherever they are based in the country. From next summer, you will also be able to view your SCR online through the HealthSpace website.

What information will be held on my SCR?

Details of any allergies you may have, bad reactions to medicines and medication you are taking will be available; you can choose what information is available to those treating you.

Who can access my SCR?

Only NHS staff involved in your care are allowed to access your SCR – and only if you give them your permission. However, it can be accessed without your permission in an emergency situation if you are unable to give permission.

What will happen if I don't want an SCR?

You don't have to have an SCR but it could save your life if – in an emergency – information about your medications and allergies is needed and you're unable to answer questions. The SCR can then be used to determine what treatment is given.

How will I get information about my SCR?

Everyone registered with a GP has been sent a letter with information. Call the number below if you've not received a letter.

If you want more information about your SCR call 0845 603 851, email nhscarerecords@nhs.net or visit www.nhscarerecords.nhs.uk

Tap those toes and twirl those skirts!

Since its launch in April 2009, Newham Council's monthly Tea Dance programme for residents aged over 50 has been a swinging success.

With special themed dances for Christmas, Valentine's and St George's Day to compliment the regular programme of dancing fun, the tea dances have increasingly grown in popularity with more than 300 of you coming along to February's romantically-themed occasion.

All dances are free with drinks and light bites available. Tables and chairs in the hall give you a chance to rest weary feet and have a natter and a cup of tea.

The dances are very popular and are for Newham residents only. To find out more or to book your place call 020 3373 0625 or visit www.newham.gov.uk

Spring/summer Tea Dance programme

St George's Day theme
Friday 23 April, 1.30-4.30pm
Old Town Hall, Stratford

Wednesday 19 May
Beckton Community Centre, E6

Monday 14 June
Old Town Hall, Stratford

Fairtrade theme
Saturday 24 July
Central Park, E6

Monday 2 August
Old Town Hall, Stratford

For most Tea Dances times are yet to be confirmed. The Newham Mag will keep you fully updated once times are decided.

Tea Dance venues

Old Town Hall
29 Broadway, Stratford

Beckton Community Centre
14 East Ham Manor Way, Beckton

Central Park
High Street South, East Ham

Free St George's Day bunting

If you are holding a party for 25 people or more to celebrate St George's Day on 23 April then pick up some free bunting courtesy of Newham Council.

It can be used in any location from a community centre to a street party. Please note this is available to community groups only and not private businesses.

To get your free bunting call 020 3373 8191 or email farhana.khatun@newham.gov.uk

Got something to shout about? Email your ideas to newham.mag@newham.gov.uk

YOUR SPACE

where young people take control

THE WORK EXPERIENCE EXPERIENCE

Little Ilford School students Noorul Ameen and Ajim Miah share their work experience experience.

"For two weeks we've had the pleasure of working with Newham Council's business development team. It's been great.

"We've been to lots of different places and met many people. Our experiences have ranged from helping on a major event to visiting a recording studio.

"We visited the Cutglass Studio in Kentish Town, where we watched Olympic gold medallist Tessa Sanderson record an audio voiceover for Stratford. This will form part of a series of walking tours designed to get more visitors to the area. Tessa insisted on us having a go at making our own voiceover – which we couldn't refuse!

(L-r) Noorul and Ajim

"Our experiences have ranged from helping on a major event to visiting a recording studio."

"Back at the office everything was building up to the annual Newham Business Forum, an event organised by the fabulous business development team. We helped by contacting Newham businesses by telephone and letter to invite them to attend.

"Before we knew it, it was show time. We arrived at West Ham Football Club, where the forum was being held, early and helped install the sound system and set up exhibitions. At 5.30pm visitors started to flood in. We greeted and welcomed them, directing them to the registration stand. At 6pm speeches began. Our role was to hold the roving mike which meant we had the daunting challenge of getting through the big crowds for the questions and answers session.

"Later, we managed to find time to look around and came across Marion Faust from the Newham Education Business Partnership. Ironically, she helps organise work experience for more than 4,000 Newham students!

"All in all the event was a huge success. Special thanks goes out to everyone who helped and encouraged us."

If you're aged between 14 and 16-years-old, about to embark on your work experience placement and are interested in working at Newham Council ask your school about the Newham Education Business Partnership.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

YOUR NEWHAM

5K RUN AND FAMILY FUN DAY

Come along to a community run and activity day on Wanstead Flats Playing Fields this Easter Monday, 5 April.

There will be a wide range of great activities for all the family including penalty shoot-outs, face painting, football tournaments, races and more. Stalls will be providing refreshments and products for sale throughout the day.

There will be two race routes: 5k for ages 16+, starting at 11am, which is £11.50 to enter; and for ages 11 to16 there is the 3k run which starts at 11.30am and is £4.50 to enter. Entry fees can be paid on the day.

The route is flat and on grassland and starts and finishes at Aldersbrook Road on Wanstead Flats playing field.

Warm-up starts at 10.45am. All participants will receive a free t-shirt and race numbers as well as medals with trophies for the first three runners.

For more info visit **www.newham.gov.uk/Events/WansteadFlats5kRun**

England's free premier jobs and training exhibition comes to Newham

From young people and graduates to veteran job hunters and the long-term unemployed, have your job seeking questions answered by the Careers, Skills & Jobs LIVE event at ExCeL, Docklands.

Now in its tenth year, this is the biggest careers and employment fair in the country and features exhibitors including Workplace and Newham Council with employers from a range of industries including construction and retail.

Take the first step to a successful future on Sunday 18 April, 10.30am to 4.30pm, and Monday 19 April, 10am to 4pm at the ExCeL Centre, Royal Victoria Dock, E16.

Admission is free. For more information visit **www.excel-london.co.uk**

Get fit with £100 of Next vouchers

The Government's chief medical officer recommends that adults do at least 30 minutes of moderate physical activity five days a week to stay healthy and avoid such things as obesity and heart disease.

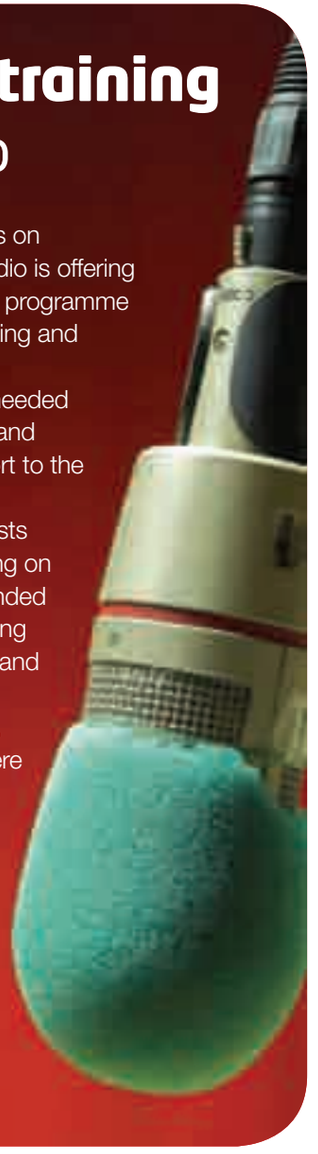
There are loads of clubs, parks and leisure centres in Newham which can help you achieve this amount of exercise. To help you get the right gear for your workout, and to celebrate the launch of their new 'shop in shop,' Next in Gallions Reach, Beckton, is offering one lucky winner £100 in Next gift vouchers. Shape-up in style and splurge in the new Next Sport section of their recently expanded store. Browse through sportswear clothing and footwear from not only NX Sport but also from Adidas, Reebok and Puma.

To be in with a chance of winning simply answer the following question: **how many days a week should adults do at least 30 minutes of moderate physical activity?**

Send your entry with your name, age, phone number and address to **Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU or email newham.mag@newham.gov.uk.** The deadline for entries is Monday 12 April.

next

Free media training at First Audio



The station behind programmes on NUSound and London Tamil radio is offering free training in radio presenting, programme production and sound engineering and editing to Newham residents.

No formal qualifications are needed but you must be aged over 16 and willing to dedicate time and effort to the programme.

The basic training scheme lasts for two weeks though depending on need and aptitude can be extended for as long as six months. Training times are: Mon-Fri; 10am-2pm and 5-7pm; and between 6am and 2pm on the weekend; however, depending on your situation there is some flexibility. Training takes place at the Edu Tech Centre on High Street North, East Ham.

To apply, call Nada on 020 8471 1985, email firstaudio@hotmail.co.uk or visit the website www.firstaudio.net

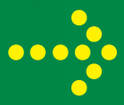
Free spring party at Discover

In partnership with Newham Council, Discover children's story making centre is hosting a free open day on Saturday 10 April to celebrate its recent refurbishment and transformation.

The free day will include storytelling with Kipper the dog, face painting, tea parties for under-threes, music sessions for all the family and art activities throughout the day. Come along at 11am to see Kipper open the building and enjoy a bloomin' marvelous day at the revamped venue.

Saturday 10 April, from 11am, Discover, 383-387 High Street, Stratford. For full listings turn to page 37, call 020 8536 5555 or visit www.discover.org.uk

Kids' corner



PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY

Sascha Roy, 6

Maria Kahloon, 8

Daniel Walsh, 7

Iqbal Ijaz, 10

Win a £10 Newham Bookshop voucher

Our friends at Newham Bookshop invite you to send in your pictures, jokes and poems to the Newham Mag to be in with the chance of winning a £10 book voucher to spend in-store at 745-747 Barking Road, E13.

Sascha Roy, 6, is this issue's winner. To be in with a chance of winning this, or another fantastic prize, send your creative creations to Kids' Corner, West Wing – Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. Don't forget to write your name, age, address and contact telephone number on your entry. Good luck!

Crossword

Across

1. Beautiful Spring flowers with trumpet-shaped central crowns (9)
7. Re-arrange U SPLIT to find Spring flowers! (6)
8. Colour of 1 Across (6)
9. Vessel at sea (4)
10. Nodding, white Spring flowers (9)
14. At sporting events, especially in the USA, this performer encourages the crowd to support the teams (11)
15. Tool used to chop wood (3)
16. Top of the class (4)
17. Summer flowers with prickly stems (5)
18. Period of 40 days running up to Easter (4)

Down

1. Female children (9)
2. People wear them on their feet when swimming (8)
3. Green spot in the desert...or a rock group (5)
4. Creeping plant (3)
5. Lettuce and tomatoes (5)
6. Easter eggs are made of this (9)
11. Gets close to (5)
12. There are 52 in a year (5)
13. Containing sugar (5)
14. Young lion (3)

Jokes

What do you call an ape in a minefield?
A Ba-boom

What's big, green and smelly?
A monster's bottom.

What happened when the clam went to the disco?
It pulled a mussel.

by Sammy Warner, 10

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

2 – 16 APRIL

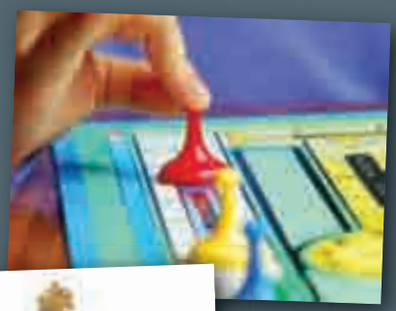
TRY SOMETHING NEW... TEENAGE GAMES CLUB

Not getting your daily dose of games or just want to kill some time? Then try out the free Teenage Games Club.

With consoles like Playstation 3 and Nintendo Wii available how could you not want to join?! But consoles aren't the only form of entertainment on offer. Banish boredom with board games including Monopoly, Snakes and Ladders and Cluedo or challenge your friends to a crashing game of Jenga.

The club is completely free – the only catch is that you have to be aged between 12 and 16. Hop over to the Beckon Globe, Kingsford Way, E6 every Monday from 3-5pm.

For more info contact Beckton Globe on 020 8430 4063.



ALL LIBRARY LISTINGS

All libraries will be closed Good Friday, 2 April till Monday 5 April. Usual opening times resume on Tuesday 6 April

UNDER 5s GROUPS

All open to under 5s with their parents/carers.

Storytelling
Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House
Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 2-3pm

Crafts Club
Manor Park
Tuesday 10.30-11.30am

Toy Library
Beckton Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play
East Ham Friday 10.30-11.30am

ADULT READING

Adult Reading Group
The Gate Tuesday 6th April 6.30-7.30pm
Plaistow Thursday 8th April 6.45-7.45pm
Statford Monday 12th April 6.30-7.30pm

Women-Only Urdu Reading Group
The Gate Tuesday 13th April 5.30-7.30pm

Over 50s Reading Group
Beckton Tuesday 6th April 9.45- 11.45am

OTHER GROUPS

Over 50s Club
Beckton Globe
Tuesday 9.45-11.45am

Click-On – computer sessions for over 50s
East Ham Friday 10am-12noon and 2-4pm
Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries
East Ham Friday 4-5pm
The Gate Thursday 10am-12noon
Manor Park Thursday 2-4pm

Writers' Group
The Gate Tuesday 30 March 5.45-7.45pm

Knit & Natter – craft group for men and women of all ages and abilities.
Beckton Wednesday 10am-12noon
North Woolwich
Tuesday 10am-12noon

Movie Night – Love in the time of Cholera (15) – free showing of the film based on the novel written by the author Gabriel García Márquez.
Stratford Thursday 15th April 6-8pm

YOUNG PEOPLE

Games Clubs – PS2 and Xbox games, music, board games and many more activities for ages eight to 13.
Canning Town
Monday 3.30-5.30pm
Custom House
Tuesday 3.30-5.30pm
East Ham
Tuesday 3.30-5.30pm
Manor Park
Monday 3.30-5.30pm
Stratford Playerz – Free activities for ages seven to 14.
Stratford Thursday 8th April 4pm-6pm
Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.
Beckton Globe Monday and Wednesday 3-5pm
Teen Xtra Evenings – Free activities for ages 12-21.
The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies 020 8430 6881
Community Outreach Services
For more information call 020 8586 6541

SPORTS PROGRAMME

Basketball
Newham NSP (free)
- Basketball coaching, 8-19
Mon, 7.30-9pm
Little Ilford Youth Centre, E12
- Basketball Competition, 8-19
Tues, 6-7.30pm
Lister School (Sports Hall), E13
- 3 v 3 league, 8-19
Thurs, 5-7pm
Forest Gate Youth Centre, E7

Football
Newham NSP (free)
Five-a-side
- U14 & U18

Mon, 6.30-8.30pm
Newham Leisure Centre, E13
- 11-18
Wed, 5-8pm
Priory Park MUGA, E6
- 8-19
Wed, 5-6.30pm
Keir Hardie Park, E16
- Five-a-side, 8-19
Fri, 6-7.30pm
Scud Park, Tant Avenue, Canning Town, E16.
- Mayor's Football League, U14, U18,
Thurs, 4-6pm
Memorial Park
- Coaching and competition, 8-19,
Sun, 1-2pm
Winsor Park, E6
- Monthly tournament U12, U14, U18, 10am-1pm
First Sat of the month
Plashet Park, E6

WHU Kickz (free)
Mon
- U14, 4-5.30pm
- 15+, 5.30-70pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7
Tues
- U14, 4-5.30pm
- 15+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 6-9pm
Priory Park MUGA, E6
Wed
- 11-18, 5-8pm
Priory Park MUGA, E6
Thurs
- 11-18, 4-7pm
Priory Park MUGA, E6
Fri
- U14, 4-5.30pm
- Girls 11+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+
Tues
1-3pm, Stratford Park, E15
Fri
3-5pm, Beckton Powerleague
For more info visit www.airfootball.co.uk

Ascension Football Academy
For info call Louise on 07841 749 292.
School years R-3: 9.30-10.30am
School years 4-7: 10.45-11.45am
School years 8-11: 12noon-1.30pm
All sessions £2.50
King George V Park, E16

Women United FC
Mon, 6-7.15pm, 16+
Kingsford Community School, Kingsford Way, E6

Football and basketball
Newham All Star Sports Academy (NASSA)
- 12-16 mixed, Mon 6-7.30pm,
- 18+, 7.30-9pm, Newham

Leisure Centre, E13
-11-16 girls,Tues,
4.30-6pm, Sarah Bonnell School, E15

- Fri, 4.15-5.30pm 8-11 mixed
3.30-7.30pm, 12-16 mixed
Cumberland School, E13

For more information about Newham All Star Sports Academy (NASSA)
call Chris on 07932756197
or Natasha on 07985281581
or visit www.nassa2012.org.uk

Handball (free)
- Newham Flames, Tues
U15, 3.30-5pm
U18, 5-7pm
Newham Leisure Centre, E13
(Multi-Sports Hub)

Multi sports (free)
Newham NSP
- Handball, football, competition
5-7pm, 8-19
Wed, Stratford Park, E12
- Coaching and competition
4-5.30pm, 8-19
Fri, St Johns Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre (free)
- GLL Trackstars, 5-12
Tues, 4.30-5.30pm (£1)
- Get Set Go Group, 11-16
Mon, 4-5.30pm
- Triathlon 12-17
Wed, 7-9pm
- Met Track 10-17
Fri, 4.30-6pm
- Newham and Essex Beagles Athletics Club, 10+
Mon and Wed, 6.30-9pm;
Sun, 10am-1pm

Cricket
- Tapeball cricket league (free)
11-15, 16+, 6-9pm
Kingsford Astro Turf
- Rokeby community cricket (free)
Wednesday 4-5pm
8-16
Rokeby School sports hall, Pitchford Street, E15
Call Ben for info:
07971 286 254 or
email ben.chambers@newham.gov.uk
- Newham Cricket Club
8-16, £2 per session
Monday 5-7pm
Langdon School sports hall, Sussex Road, E6
For info call: 020 8586 7070 or 07709 758 661

Boxing
East Ham Boleyn ABC
10- years +; boys only
- Mon, Tues, Wed, 5-6pm
East Ham WMC, 2 Boleyn Road, E6
Call Daniel Penny on
07958 124 144
- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High Street, E13
Call Lianne Jameson on
020 8472 3614
- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin Bowers on 020 7511 3799
- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder Atwal/Joe Chapman 020 8519 5983
- Fight For Peace 11 years +; boys and girls
(Phone for session details)
Woodman Street,
North Woolwich, E16
Call Marigold Ride
on 020 7474 0054
Contact clubs before visiting

Free sports@Ascot Hall
Football, girls and boys, eight-15yrs, Sat, 10am-12pm
Street dance for girls, all ages, Sat, 12-1pm
Non-contact boxing, eight-12yrs, Sat, 2-3pm
All sessions are free, for info call
020 8430 4775
Ascot Hall, Hermit Road, E16

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
New free Flying Wheels club for young wheelchair users aged 6-22. With an emphasis on wheelchair rugby and training from professional players, come experience different sports activities and health and fitness.
Wednesday evenings from 3 March, 7-9pm
The Hartley Centre, 267 Barking Rd, East Ham, E6

Call Eda on 020 8472 0058 for more information.
Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm

Multi-Activities
People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12noon

Swimming
People with Disabilities Club, Tues, Newham Leisure Centre, E13, from 3-5pm
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
The 3 Hs, Sun, Balaam Leisure Centre, E13, 12.30 -2pm

Trampolining / Fitness / Swimming
SEN and disabled adults at Newham Leisure Centre, E13, Tues, 10am-4pm

Get fit for free
Free use of the gym for one year for people with learning

disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Susy Massey on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

ARTS LISTINGS

Stratford Circus
Quincy's Comedy Lounge - Back in the Day
Sun 4 April 8pm
Tickets: £12.50 / £10 concession
A rapturous live stand-up show with hilarious comedy from the best talent on the circuit, special performances and a Caribbean inspired menu to fill your appetite. All brought to you by East London's Cockney Prince, Quincy.

Steve Gribbin – 'Laugh at First Sight!'
Thurs 15, Fri 16, Sat 17 April 8pm. Tickets: £8 / £6 concession
'Laugh At First Sight' examines Steve's torrid love affair with the comedic arts, detailing the ups, the downs, the stony silences, the euphoric highs, the sulphuric lows, the sheer unadulterated strangeness of a life devoted to that sternest of mistresses, Comedy.

Discover
Free Spring Party
Saturday 10 April
11am Kipper opens Discover's new front door
11.30am & 1pm
Story Trail Detectives
11.45am, 12.45pm, 1.45pm & 3.15pm Storytelling with Kipper
12pm & 2pm Boogie Babies
3pm & 4.15pm Tots, Tales and Tea – Storytelling party for under 3s

The Very Hungry Caterpillar
By Eric Carle
Sun 11, Weds 14, Sat 17 April
11.30am & 2.30pm

Ugly Duckling
By Hans Christian Andersen
Mon 12 and Thurs 15 April
11.30am & 2.30pm

Little Rabbit Foo Foo
By Michael Rosen
Tuesday 13, Friday 16 and Sunday 18 April
11.30am & 2.30pm
Adult/Child: £4.50 per person
Family of four: £16
Concessions: £4
Under 2s: FREE

MAYOR'S SURGERIES

Thursday 1 April, 12noon at Stratford LSC, 112-118 The Grove, E15
Monday 12 April, 9.30am at Community Links, 105 Barking Road, E16
No appointment needed. Please arrive promptly at the start of surgery.

A telephone surgery will take place on Wednesday 14 April, from 9.30-10.30am. Call 020 3373 8444.

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Licensing (2003 Act) Sub-Committee
Wednesday 7 April, 2pm

Development Control Committee
Wednesday 14 April, 7pm

Newham Community and Police Forum
Thursday 15 April, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk
The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period. The April Edition of the Forward Plan will be published on 17 March 2010.

OTHER EVENTS

Newham Swimming Club
Join this ASA affiliated competitive swimming club for ages eight and up.
Training most nights in Newham leisure centres. Entry to the club is through monthly trials.
Contact John Harvey on 07749 724 696 to arrange attendance at a trial. Visit the website for more information: www.newhamswimmingclub.org.uk/howtojoin

Royal Falcons Football Club
Football for ages 6+
Beginners, boys/girls welcome
Tuesdays, 6.30-8pm and Saturdays,10.30am-12noon
Savage Playing Fields, Savage Gardens, Beckton. £2-3 per week for both sessions.
For more information call Nick on 07764 356 077.

Yoga classes
Every Friday
10.30-11.30am
The Hub, 123 Star Lane, Canning Town, E13
Price £5
Low income/Student £3
Contact Karen
07908 232 377

Lunchtime Tai Chi at the Hub
Tai Chi is a gentle form of exercise which is good for the mind, body and soul.
Every Saturday
The Hub, 123 Star Lane, Canning Town, E16
12noon-1pm. Free!
For more information call the Community Involvement Team on 020 3150 0080

Multi sport sessions
13-19? Get active, improve your confidence and aim to gain a sporting qualification at Grassroots ATP, Memorial Park, West Ham, E15.
Girls: Mondays, 4-5pm
Boys: Wednesdays, 4.30-6pm
To find out more or to book a place call 020 3150 0080

Track Tuesdays
Tuesdays, 6.45-8pm
Terence McMillan Stadium, behind Newham Leisure Centre, Prince Regent Lane, E13.
Want to get in shape? Then join East End Road Runners for a spot of training for adults of all abilities aged over 18. For more information call 07979 261 647 or visit www.eastendrr.co.uk

Interested in gardening?
Join the Abbey Gardens garden club. Sessions are free and rake place on:
Tuesdays 1-3pm
Thursdays 4-7pm
Saturdays 10am-3pm
The club is held at Abbey Gardens, Bakers Row, E15. Sessions are run by garden club leader Hamish Liddle.
If you live in Stratford turn to page 2 of Stratford and West Ham In Focus. For more information visit www.abbeygardens.org

Help raise money for Great Ormond Street
West Ham Football Club, Green Street, E13 will be hosting a charity zip slide event on Saturday 19 June to help raise money for Great Ormond Street Hospital. There are only 60 places and the charity want to raise £13,000 for the hospital. If you're interested in taking part find out more information by visiting challenges@gosh.org or calling 020 7239 3164.

Newham Carers United
Newham Carers United is a regular forum open to unpaid carers who live or work in Newham. At their next meeting they are keen to hear from parent carers (carers of children) for a consultation on the Children and Young Peoples Plan.
Meetings will take place at Stratford Advice Arcade, 107/109 The Grove, E15 on:
Tues 20 April
10.30am – 1.00pm
Thurs 22 April
5.30pm – 8.00pm
For more information contact Stephen on 020 8519 7536

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries
For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor
Write to the Mayor at Newham Dockside, 1000 Dockside Road, London E16 2QU or email mayor@newham.gov.uk
For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk
For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games
To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300
To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

LANDSCAPES OF POETRY

A free and spooky open-air promenade performance comes to Central Park in East Ham on Saturday 10 April, 5.30-7.30pm. Come hear the tales and feel the atmosphere as the Performance Laboratory with Newham Council brings the short stories and poems of Edgar Allan Poe to life. Admission is free and children must be accompanied by an adult; some stories may contain adult themes.

For more information email landscapesofpoetry@live.com

Public Notice

Newham London

Are you a disabled person living in Newham?

Do you want to be involved in helping to improve outcomes and opportunities for local people?

The London Borough of Newham is developing a Single Equality Scheme which looks at how to improve outcomes for local people in relation to disability, gender, race/ethnicity, age, sexual orientation, religion and belief, together with social inclusion, and we are consulting with people across all of these strands.

Our Single Equality Scheme will be a plan outlining how to build equality into every aspect of our work. It will set out the work we have done so far, our plans for the next three years, key themes for action, and how this will be monitored.

We are recruiting disabled people living in Newham to take part in a group to help look at how to improve outcomes and opportunities for local people as part of the Single Equality Scheme.

The focus group will be held during the fourth week of May at an accessible venue in the borough. The exact date, time and venue will be confirmed to participants. We will pay a small gratuity to each participant to cover expenses and to compensate them for their time.

If you are a disabled person living in Newham and would like to take part in the focus group please visit our website www.newham.gov.uk for details on how to apply or contact Keith Monery.
Telephone: 020 3373 8061
Email: keith.monery@newham.gov.uk

For a free translation or audio, large print and Braille copies please call 0800 952 0119 and quote reference number: 38613. A British Sign Language and audio version of this advert is also available online at www.newham.gov.uk

Under the Disability Discrimination Act 2005 the London Borough of Newham has a duty to involve disabled people in the preparation of the Single Equality Scheme.

2010 Newham Communications 00749RES

Newham London

There are some things he can't pick up.

Your dog, your mess.

Your £75 fine

Clean up after your dog.

For more information visit www.newham.gov.uk/yourenvironment

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